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## University Leader July 1, 1993

University Leader Staff

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THURSDAY, JULY 1  
1993

•INDEPENDENCE  
DAY COM-  
MUNITY  
CELEBRA-  
TIONS—PG. 4

•DISC GOLF  
REVIEWED—  
PG. 5



# The Summer UNIVERSITY Leader

## NEWS, VIEWS, THINGS TO DO

•BOARD OF REGENTS  
APPROVE ELIMINATION  
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VOL. 87 No. 60

News 628-5301

ADVERTISING 628-5884

## Unique studies approved; Leadership course offered

**Donetta Robben**  
Staff writer

Fort Hays State is on the way to offering a unique curriculum to its students.

The faculty senate recently approved the first course, introduction to leadership concepts, that will begin a Leadership Studies Program in the fall.

"This type of program is very rare," Curt Brungardt, director of the Leadership Program, said. "Only a handful of universities—probably less than 12 in the nation—have a four-year academic program in leadership."

The Leadership Studies Program, under the College of Arts and Sciences, was the brainchild of President Edward A. Hammond from several years ago. Brungardt said the assignment of checking into such a program was given to him and placed as a top priority past winter.

"Our goal is to play an active role in addressing the leadership needs of our state and nation by challenging and motivating students for the complexities of our society," Brungardt said. "We want students to have innovative ideas for approaching problems and to see themselves enhancing their careers in a competitive market place."

The leadership curriculum is available to all university degree programs. "All students, regardless of academic major or interest are invited to participate," Brungardt said.

Pat Bergmeier, Kingman sophomore, majoring in political science is enrolled in Leadership Studies. He said he hopes the program will enable him to be a forefront leader. "The program will help me develop skills that increase my leadership ability," Bergmeier said.

"An endorsement in Leadership Studies will enable me to be knowledgeable in working with people," Tammie Anderson, Ellis senior, said. Anderson is an accounting major and is hoping the program will help her in the job market and in dealing

with clients.

LaNette Schmeidler, Hays junior, is hoping the program will give her more background for either teaching, administration or law. "I hope the program will prepare me for the real world and help me communicate with people," Schmeidler said.

Brungardt said students have the option of entering the Leadership Certificate Program or the Field of Emphasis in Leadership Studies. Both programs are designed to prepare students for their roles as leaders in their field of emphasis or as a positive contribution to society.

To receive the Leadership Certificate, students must complete nine hours of the program's core courses. Brungardt said the courses must be taken in the following order: intro-

**Leadership**  
To page 8

**This opportunity  
allows students  
to practice their  
leadership skills,  
while at the  
same time serve  
others in the  
community**

**Curt Brungardt,  
director of  
program**



Participants in the 'Fit Over Fifty' water exercise program warm-up, in the HPER complex swimming pool, for a 15-minute water aerobic exercise, while Maurine Sullivan, health fitness instructor, demonstrates the movements from pool-side. The program is offered by the Hadley Campus of the Hays Medical Center.

## 'Fit Over Fifty' offered Aqua-exercise class begins

**Jeffrey J. Breit**  
Staff writer

With the smell of chlorine in the air, approximately 40 people started the "Fit Over Fifty" water exercise class offered by the Hadley Campus of the Hays Medical Center at the swimming pool in Cunningham Hall.

"It is range of motion exercises for people over the age of 50," offered through the Age-Well Program. Marie Leiker, director of community health services at Hays Medical Center, said.

The two 45-minute water exer-

cise classes are at 8:30-9:15 a.m. and at 9:30-10:15 a.m. Monday through Thursday. The cost is \$15 for the summer.

"They are exercises in the water that develop more stamina, more flexibility and improve cardiac function. It makes them feel better," Leiker said.

The two requirements for these particular aqua-exercise classes are a doctor's recommendation and being age 50 or over. Fort Hays State students who do not meet these requirements but wish to take aqua-exercise, may enroll in other classes offered through the university.

Health fitness instructor, Maurine Sullivan, Clay Center senior in dietetics and exercise science, teaches both aqua-exercise classes.

"We start out with 10 minutes of warm-up, aimed at the joints, and then do 20-30 minutes of exercise in the water," she said. "We do the same things you do in a regular aerobic class, only we do it in the water."

While no special equipment is needed for the class, Sullivan said

**Aqua**  
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# Leader OPINION

2 THURSDAY, JULY 1, 1993

THE SUMMER UNIVERSITY LEADER

## IN OUR OPINION

We have seen sports figures become heroes, mostly to children, but also to millions of adults. In this time, we have also seen those same sports heroes become figures we would not want our children to model.

Sports figures are not always good role models, especially when they play in a game and all they can do is swear and display unsportsman-like conduct. We do not want our children modeling themselves after people like this.

Children are influenced by everything around them, including individuals participating in a ballgame on national television. At these young and impressionable ages, we want our children to realize how important it is to do unto others as you would have them do unto you.

We need to look up to those individuals who are helping to better our lives. We should not idolize those who abuse the world of sports and will waste the money they make.

-K.J.F.

## Doctors deserve credit and appreciation

Code blue is announced. Doctors and nurses scurry to the room. They begin hooking the patient up to oxygen so she will breathe again.

I don't really remember any of this. It is all what others told me happened on that horrible day in April of '92.

I was in the hospital with pneumonia. Because I was also experiencing extreme pain the doctor had prescribed a pain-killer not knowing I was allergic to it.

My allergic reaction wasn't to break out in hives, a rash or even to have a headache. My entire system shut down; nothing worked. I stopped breathing and started turning blue.

As I said, I don't actually remember most of this, but I do remember the doctors and nurses that helped save my life.

Before that dreadful day I never really cared much for doctors. On that day, however, I would not have traded my



LISA GOETZ  
COPY EDITOR

doctor and all the others who helped me for the world.

Doctors are seldom given the credit they deserve. Granted, they usually overcharge for everything, but when they save your life, isn't it worth the money?

Doctors are usually very understanding and have a good bedside manner. For example, Dr. Michael Sorrell of Omaha, Neb. is a world renowned doctor. He travels all over the world to perform surgeries.

He is a very personable doctor and knows all his patients by name. He is genuinely concerned about all his patients, always asking about how other aspects of their life are going.

I always feel very comfortable when I am around him. He is a friend to me as well as a doctor.

Many times all doctors are looked down upon or scoffed at because one or two doctors did not do their job right.

People shouldn't lump all doctors into one category. They do their best and can only do as much for their patients as modern medical technology and medicine will allow.

Trust me. If you ever become very ill or come close to dying, you will have a new appreciation for life and doctors.

I know I did!

## LETTER POLICY

The Summer University Leader encourages reader response.

Letters to the editor should not exceed 300 words in length.

All letters must be signed, no exceptions. Letters must include addresses and telephone numbers. Students are asked to include their hometown and classifications, and faculty and staff are asked to include their titles.

Letters must be turned into the Leader two days before the next publication or they may be held over until the next issue.

The editorial board reserves the right to condense and edit letters according to available space and Leader style. Publication of letters is not guaranteed. The Leader also reserves the right to delete numerous signatures on a letter if space does not allow for all names to appear.

## GUEST COLUMNS

The Summer University Leader encourages readers to submit editorials and/or columns on their views.

Editorials run 150 to 300 words and columns run 500 to 700 words.

The editorial board reserves the right to condense and edit articles according to available space and Leader style.

Publication of the articles is not guaranteed.

## PEOPLE POLL

• What kind of role model should sports figures be?



LYNETTE BRAZDA

"Sports competition has become too serious. Academics should come first because if you get hurt in sports play what will you do with your life?"

-Lynette Brazda  
Goodland sophomore



DIRK ANKERHOLZ

"We should encourage children to have role models who make significant changes in our world. Like Charles Barkley said, 'I am paid to play basketball not raise your children.'"

-Dirk Ankerholz  
Chase graduate student



LARISSA ABBOTT

"Sports figures need to realize they are role models to kids and everyday people. They should promote strong values and be good and decent citizens."

-Larissa Abbott  
Wichita junior



# Twilight Tours offer fun, historical experience

**K**ansas is not just famous for being the home of Dorothy and Toto; it is also home to many historical sites, some found right in our own backyard.

One of Hays' claims to fame is its Twilight Tours. It is a program designed by the Hays Convention and Visitors Bureau to give overnight guests an opportunity to explore the area during the evening daylight hours when the museums are normally closed.

People should take the time to learn what Hays offers and in turn will realize this is an area of friendly people, proud of their rich heritage.

The tours, designed for the entire family, offer a series of relaxing and informative programs about the region. The guides are friendly, knowledgeable and capable of communicating their information and enthusiasm.

One of the tours takes people to the Hays Experiment Station, 1232 240 Ave., which is a branch of Kansas State University and was established in 1902 on 3,254 acres of Fort Hays Military Reservation land.

Active research is currently being done with sorghums, wheat, forages, weeds, insects, soils and beef cattle.

Another tour which is quite informative is the "driving tour," where visitors enjoy visiting the original Boot Hill Cemetery, north of Main St., Fort Hays State University, 600 Park St., Historic Fort Hays and more. This tour helps visitors visualize one of the liveliest towns of the Old West.

There is also a Pete Felten tour. Felten is one of the Midwest's best sculptors whose work is known world wide.

This is a special opportunity to contemplate and understand significant artworks under the guidance of the artist himself. He takes the vis-

itors to the places where his artwork is exposed, and at the end of the tour the visitors will see the gallery where he actually works.

The Historical Walking Tour allows visitors to walk the same streets once trod by Custer, Hickok and Cody.

The other significant tour is an opportunity to tour Sternberg Memorial Museum, 600 Park St. This museum is internationally acclaimed for its fossil collections. It has approximately two million specimens, including the spectacular fish-within-a-fish and an assemblage of Cretaceous fossils.

The Twilight Tours also include a visit to the Ellis County Historical Society Museum, 100 W. Seventh, with many exhibits reflecting the rich Volga-German heritage, as well as portraying the history of this area.

"Cathedral of the Plains" is a tour where visitors travel 11 miles to the historic town of

Victoria, the location of the magnificent St. Fidelis



STAFF WRITER

Church. There is another tour 30 miles south of Hays in LaCrosse, which is the home of the only museum in the world devoted solely to barbed wire and the Post Rock Museum.

One of the tourists favorites, according to one of the Twilight Tour bus drivers, is the Doug Philip Ranch, 677 300 Ave. It is a working ranch steeped in heritage and history. This was the site of one of the original settlers in the area who settled in 1873.

This farm has one of the area's largest limestone quarries, where people will learn how the limestone is extracted

and worked to look like a long block.

The most interesting part is that the tour guide is Doug Philip himself, a descendant from the settlers.

The Boyhood Home of Walter P. Chrysler, in the city of Ellis, along with the Bukovina Society and Museum, also in Ellis, are tours no one should miss. The tour guide tells about the founder of the Chrysler Corporation - in the house where he grew up, and of the Bukovina Germans, an interesting ethnic group which was the largest in the country.

Brenda Fradd, Victoria, Texas, was excited about this tour because she heard about it in Texas.

"My daughter and her son came to Ellis," she said. "The

tour guide explained all the different things. When she went to Dallas and told me all about this I couldn't wait to come to Hays and see it."

"I love the tours," John Ross, a 6-year-old boy who came to Hays with his mother for the summer, said. "I get to meet a lot of people and to learn so many things that we don't see in Liberal."

For the convenience of the visitors, the HCVB provides a bus which stops at each Vine St. motel a few minutes before the program begins. This tour will transport visitors to the site of the talk.

The location of each tour/talk is listed on the schedule for those who wish to go in their own vehicles. For more information contact the HCVB at 628-8202.

Rubes

By Leigh Rubin



During a visit to the Magic Kingdom, Bobby began to suspect the little storybook characters he knew and loved were using steroids.

## The Summer UNIVERSITY Leader

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### Churches to host special freedom celebration on



MATTHEW SHIPKIN

A Hays family shops for fireworks at Linda's fireworks stand in Schoenchen. Linda's opened June 27 and has operated in Schoenchen for 24 years. Fireworks will be on sale until July 5.

More than 200 years ago, our forefathers signed the Declaration of Independence and every year we celebrate the freedom that small piece of paper gave us.

Traditionally, Americans celebrate the 4th of July by spending it with their families, barbequeing out and shooting fireworks.

This year, however, individuals in Ellis County can choose what they want to do for the 4th from a variety of activities ranging from a freedom worship celebration with Frankie Valens and Phyllis Piper to fun and games for the whole family in Russell.

The freedom celebration, sponsored by New Life Center, 1701 E. 22nd and Joy Fellowship, 3000 W. 41st, will begin at 10 a.m., Sunday, July 4 at the Ellis County fairgrounds amphitheater.

The celebration will be a joint service designed to serve the community, Dave Williams, pastor of the New Life Center, said.

"This celebration will give everyone the opportunity to celebrate in a more unified manner. We are going to worship before God and praise our God and our country together," Williams said.

Wes Oakley, pastor of Joy Fellowship, said they usually put on a fireworks display at Lewis Field, however, this year they could not due to the field getting new turf.

"We are holding off for a year because of the new turf. Next year we'll have to set up some kind of scaffolding to do the display because we can't do them from the ground because of the turf," Oakley said.

He did say Joy Fellowship loves providing the show for the community and looks forward to doing it again next year.

Oakley said the freedom celebration is to keep community spirits up and a positive attitude going.

"We have our freedom because God helped found this nation. We should celebrate our freedom as a country and as individuals. This service will provide all that," Oakley said.

The service is a combination of worship teams, vocalists, orchestras and congregations and both pastors will give brief sermons on freedom themes.

Williams said this is the first year for the freedom celebration and he hopes they have an excellent response from the community.

"One of the reasons we decided to do the service is related to the world situation. Many people want to enjoy and reaffirm their faith, especially with the country being engaged in such a difficult world situation," Williams said. "We are inviting everyone to share in this special service. It's going to be two hours of wonderful fun."

Williams said there will be an emphasis on music by Valens and Piper during the service.

"Frankie and Phyllis' concert will run about 50 minutes and it will be a praise and worship celebration through their musical talents," Williams said.

Everyone is encouraged to attend, dress should be casual. In case of rain the freedom

celebration will be held at Joy Fellowship.

Russell's activities range from five hours of games and entertainment to a patriotic ceremony to a fireworks display.

Festivities will begin at 4 p.m. at the Veterans of Foreign Wars grounds, East Memorial Park in Russell.

All activities and games are free and will be from 4 - 8 p.m. A white elephant bingo and cakewalk are scheduled to begin the festivities. Skill games, softball and swimming will continue through the evening.

Carol Keil, executive secretary of the Russell Chamber of Commerce, said a moonwalk will be available this year.

"It's a great big helium filled balloon and kids can walk in it," Keil said.

Keil also said a little tykes' bathing suit contest for children 5 and under will be held. Food will be served throughout the evening at a minimal cost.

Local entertainment will begin at 8 p.m. followed by a patriotic ceremony sponsored by the VFW and the American Legion.

The fireworks display will begin at 9:30 p.m.

Keil said in case of rain the fireworks display will be held at 9:30 p.m. Monday, July 5. "We are encouraging everyone to come on out and have a good time and celebrate our independence," Keil said.

Everyone should bring their own lawn chairs and blankets and be prepared to have a wonderful 4th of July, Keil said.



# Stepping out with Squire

*Editor's note: This is the third in a series of articles featuring unique activities in Hays.*

*Next week: Free dance lessons*

## Squire R. Boone Advertising manager

As I readied myself to embark on another outing, I wondered if the staff members of the summer University Leader were the only people in Hays who did not know what Flying Disc Golf was.

The special "floater" disc I had just purchased for \$9 (Ouch! went my pocketbook) was smaller than the traditional disc I had tossed around as a child. I had seen larger discs used on the course before, but the store clerk told me the

serious disc golfer used only these special discs.

So, off I went to play Flying Disc Golf.

My plan was to wait until a group of golfers showed up and try to join them for a round or two.

Soon, a couple of guys came along who agreed to put up with my shenanigans.

They explained the rules to me. A player tries to toss the disc into the hole (actually a basket on a pole with a kind of chainlink backboard) in as few attempts as possible. Par for the 18-hole course was 54 for amateurs and professionals and 72 for beginners. No mention was made about penalties, so I assumed they would be explained as the need arose.

The beginner par score allowed

me to take an average of four tosses per hole. No problem!

My partners decided to let me toss first, so I confidently strode up to the first launch pad. I wound up and snapped my wrist forward, letting the disc fly toward the first hole.

My throw was straight and true, straight and true in the wrong direction. It ricocheted off a large tree, hit a smaller tree, rode the wind as it hooked to the left and rolled to a stop about five feet behind me.

So much for my debut on the disc golf course.

Undaunted, I launched my disc a second time, trying to play my hook until I could get rid of it.

At the end of six holes, I parted company with my partners. (They

wanted to get home in time to watch Batman: The Animated Series; I understood perfectly.) So I thanked them for their help and continued on my own.

After 14 holes, I was at two under par and I was feeling pretty good until I looked at the next hole.

The launch pad was next to the bridge in Frontier park and the hole lay across the waterfall of Big Creek. I wasn't sure I could make it across, but I was determined to try.

I saw my disc clear the creek, hook to the left, hit a tree on the other side and tumble back into the water. True to its name, the disc floated on the surface as the current carried it downstream.

What else could I do except jump in after it? So for the second time in

as many weeks I found myself swimming in some very muddy water. Not wanting to try the throw again (although recovering the disc had been the best part of the afternoon), I gave myself a two-stroke penalty and moved on.

I finished the course at one under par on the beginner scale (17 over on the regular scale). I felt pretty good about that score since it was my first time.

I realize the game is extremely popular in Hays, but it kept reminding me of all the reasons I gave up golf. It might make a somewhat interesting video game, but that is all.

I guess it is not for everybody.

With that in mind, anyone want to buy a used Spitfire floater disc?

## Ex-golfer attempts disc golf, enjoys dip in Big Creek more

## Be a part of FHSU history!

Join the '93 Reveille yearbook staff.  
We are looking for a sports editor.  
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229 W. 10th

21 to drink

## Decision final Home ec to be eliminated

**Pam Norris**  
Editor in chief

The Kansas Board of Regents approved President Edward Hammond's recommendation of the elimination of Fort Hays State's home economics department at their meeting on Thursday, June 24.

Hammond recommended to discontinue the department at a press conference on June 1.

"Because of the financial commitment it would require to bring the program up to the level that the department members believe it should be and to what the university should be offering," he said.

"Now that the Board of Regents has approved the discontinuation of the department of home economics, it will be our

task to ensure that all students who are currently in the department and who will begin the degree program in the fall will be able to complete the program," Provost Rodolfo Arevalo said.

"We (the department) haven't received any notification of the Board of Regents decision that approved Hammond's decision," Merlene Lyman, chairman of the home economics department, said.

"Once again, the faculty and students in the department are being ignored as if were not their lives in jeopardy," she said.

Arevalo said there will be an informational meeting between students and advisers during the fall semester to help answer questions about how courses and degree requirements will be completed.

"It is the university's intention to

ensure that all students entering the program this year have the opportunity to complete their studies. The College of Education and the faculty in home economics will continue to advise and counsel students into courses to ensure degree completion within four years," Arevalo said.

During the past two years the program has been reviewed by three committees: a program review committee from the Kansas Board of Regents, a campus program review committee and a university appeals committee.

The first two committees recommended the elimination of the program, while the university appeals committee recommended the continuation of the department, Hammond said.

## Cafeteria under construction Remodeling underway

**Theodore R. Collins Jr.**  
Staff writer

Summer is a time when many people are constructing, renovating or remodeling things and Fort Hays State is no different.

Residential life is currently remodeling and renovating the cafeteria in McMIndes Hall.

Steve Culver, head of residential life, and Greg Morrow, director of dining services, are two members of the FHSU staff overseeing the project.

Culver said the estimated cost of remodeling the cafeteria will be between \$80,000-\$90,000.

The estimated date of completion on the project is in mid-July, but Culver and Morrow said an ideal date would be July 5. This will then allow more time to prepare for the incoming Taco Bell in West Hall.

The cafeteria shut down immediately after the spring semester. While the cafeteria is closed the Memorial Union cafeteria is expanding to offer full meal services to on-campus summer students.

The cafeteria in West is also open

to students and is serving the various summer camps at FHSU during the summer.

At this time the McMIndes cafeteria has been completely stripped down with no paint and no carpet.

Culver said student residential life is buying a new dish washing machine because "the old one is 32 years old and has far exceeded its life expectancy."

The new dish washing machine will be slightly enclosed so as to not be as noticeable. Morrow said the old conveyor belt that stuck out into the dining area was generally "an eyesore" and the new arrangements will be quieter as well as more attractive.

Morrow said new layout of the cafeteria "could allow anywhere from 20 to 50 more seats for dining."

Morrow also said the renovations "would provide better traffic flow and create a nicer atmosphere."

The changes would "improve the overall ambience of the place," Culver said.

Culver hopes to add a solarium that would cover the patio on the east side of the cafeteria.

## Summer University Leader advertising display and classified

Your key to the summer collegiate market

**Call Squire at 628-5884**

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### COMEDY NITE

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### FREE DANCE LESSONS

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109 W. 7th  
628-3911

**Christian D Orr**  
Managing editor

Hays residents and bar owners will have to wait at least one more month before they know whether or not people under the age of 21 will be allowed into establishments that sell alcohol.

The Hays City Commission met last Thursday night and one of the items discussed was the possibility of changing city ordinance section 3.32.

The ordinance currently allows anyone over the age of 18 to enter any establishment that has alcoholic beverages to be sold and consumed.

Although anyone over the age of 18 is currently allowed into any such establishments they must be at least 21 years of age to purchase and/or

consume alcoholic beverages.

The commission is considering changing the ordinance so no one under the age of 21 is allowed into any such establishment.

After discussing the possible change of the ordinance Thursday night, the commission tabled the issue until their next meeting.

The City of Emporia enacted a law similar to what the Hays City Commission is considering approximately a year ago.

However Emporia was forced to repeal the law three months later due to a severe rise in "house parties" and excessive noise, which possibly resulted from the enactment of the law.

Hays is considering the events which occurred in Emporia but feel they can keep the same from happening in Hays.



## CAMPUS BRIEFS

Fort Hays State will observe the following hours during the July 4 weekend.

Tomorrow—7:30 a.m. to 4:30 p.m.; Saturday—10 a.m. to 4 p.m.; Sunday and Monday—FHSU closed in observance of the holiday.

Regular hours will resume on Tuesday, July 6.

Forsyth library has new summer hours. They are as follows:

Monday-Thursday—7:30 a.m. to 10 p.m.; Friday—7:30 a.m. to 4:30 p.m.; Saturday—10 a.m. to 4 p.m. and Sunday—2 p.m. to 10 p.m.

The library will be closed Sunday and Monday in observance of Independence Day.

A free developmental screening for children birth through two years of age, from Ellis or Rush county, is being sponsored by the Hays Incubator Coordinating Council for Pre-school children on Friday, July 16.

Local professionals will be checking children in the areas of speech, language, thinking,

will be at the Hays Public Library, in the basement, from 10 a.m. to 2 p.m. For more information, call 625-2257. The screening is free and no appointment is necessary. First service is at 10 a.m.

## Hart and Kaufman come to dinner Comedy opens tonight

**Donetta Robben**  
Staff writer

Fort Hays State's summer theatre premieres tonight with the light-hearted comedy by Moss Hart and George S. Kaufman, "The Man Who Came to Dinner." Performances will take place tonight, Friday and Saturday at 8, in Felten-Start Theatre.

Tickets can be purchased in Malloy 102 or by calling 628-4225. Prices are \$4 for students and \$5 for non-students. Tickets will also be available at the door. All seating is general admission and the doors open at 7:30 p.m. Free tickets are available for anyone who signs up now as a season ticket holder for the '93-94 school year productions.

Season ticket prices, which included five productions, are \$14 for non-students, \$10 for non-FHSU students and \$5 for FHSU students.

"The Man Who Came to Dinner" is directed by Stephen Shapiro, associate professor of communication, who has been associated with theatre at FHSU for the past 15 years. He directs an average of three plays per year.

The setting for the play is the home of Mr. and Mrs. Ernest Stanley, played by Raymond Brent, Hays resident and Michelle Burkart, Dodge City senior.

Their home is located in the small town of Mesalia, Ohio. The audience will find a pouf, a round cushioned sitting device popular in the '30s, as part of the furnishings in the Stanley home.

The set was designed by Bruce Bardwell, assistant professor of communication, who has constructed many sets for past productions. "He constructs sets that are amazingly creative," Shapiro said.

The play begins on a December morning in '39 and concludes on Christmas morning two weeks later.

The play schedule calls for two eight minute intermissions.

"The Man Who Came to Dinner" deals with a literary critic and radio personality, Sheridan Whiteside, played by Gary Coulter, chairman of the department of art. While calling at the Stanley home, Whiteside slips on an icy porch and is injured. The Stanley's find themselves, unwillingly, housing Whiteside and his secretary, played by Gretchen Werner, Dodge City senior.

To complicate the plot, Whiteside is fearful of losing his dedicated secretary as she falls in love with a newspaper reporter. Whiteside acts quickly to call in Lorraine Sheldon, a notorious movie and Broadway star, to attract the reporter's attention. Sheldon is played by Sandra Malesevic, Sarajevo, Bosnia junior.

"The actors portray the characters in a highly entertaining manner," Shapiro said. "The characters are so weird and wacky, the audience is sure to be entertained."

The cast is unusually large, consisting of 25 characters. Many of the actors are from Hays and consist of students from both Hays High and Thomas More Prep-Marian along with visible community members such as City Manager Hannes Zacharias, Radio Technician Ern Ault, VISTA Volunteer Tamara King and Jacquelyn Philip, Hays resident.

Shapiro said the script is based on well-known radio personality Alexander Wolkoff.

"Wolkoff is well-known for his ascertive wit in the '30s," Shapiro said. "Today it would be like Paul Harvey or Rush Limbaugh."

Shapiro said Tommie Williams designed the costumes for this production as she has for previous productions.

"Her work has proven to be, without exception, superb," Shapiro said.



MATTHEW SHUPKIN

Mrs. Ernest W. Stanley, Michelle Burkart, Dodge City senior; Mrs. Dexter, Cindy Lyne, Beverly senior; and Mrs. McCutcheon, Tamara King, Hays resident, go over their lines during Wednesday night's dress rehearsal. The production of "The Man Who Came to Dinner" will be performed tonight, Friday and Saturday at 8 p.m. in Felten-Start Theatre in Malloy Hall.

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## Aqua

From page 1

some "die-hard exercisers" bring empty plastic bleach bottles to use as weights and flotation devices.

"They put water in the bottles for extra weight when we do things like arm movements and bicep curls."

The exercisers vary in age from 50 to mid-80s and each person can adapt the program to his or her fitness level, Sullivan said.

"Even if they have a hard time getting around because of a plastic hip or arthritis, they would be

worse off if they didn't come to this class. A lot of their joints hurt and water exercise really helps this.

"I hear good things



everyday from people in the class who say they get a lot out of the

class," Sullivan said.

While she is not over 50, Hays resident Ruth Ann Aschwege, 37, participates under her doctor's recommendation.

"I have juvenile rheumatoid arthritis and my doctor suggested aqua-exercise," Aschwege said. "It helps my movement and keeps me out of a wheelchair." Aschwege said she goes all four days and finds it not only functional but fun.

"I can tell a difference when I don't go to class. But not only does it help me, it's fun. I enjoy visiting with all of the people that come"

## Leadership

From page 1

duction to leadership concepts, introduction to leadership behavior and contemporary issues in leadership studies.

After completion of these courses, students have the option to continue in the Field of Emphasis in Leadership Studies. To apply for admission to this program the student must have completed the core courses and have met minimum academic standards. The Leadership Studies Advisory committee, which consists of FHSC instructors in different educational areas along with a Hays community leader, will review the applications for admission.

Once admitted into the Field of Emphasis in Leadership Studies, students must complete six hours in selected courses that are currently a part of FHSC's curriculum.

Also, students must complete a

hours of volunteer work with a local organization or board. "This opportunity allows students to practice their leadership skills, while at the same time serve others in the community," Brungardt said.

Students will not get paid or receive credit hours for their volunteer work. "In the real world, we don't get paid for our involvement in church and community," Brungardt said.

In addition, students must complete a three-hour independent study course. Brungardt said the course of study will "marry" into the students major. For example, if a student is a business major, he or she will possibly be working closely with a chief executive officer of a major corporation, or if a political science major the student could work with their congressman.

We plan on having contact with

help us with the part of the program," Brungardt said.

"Another option for the study course is to tackle a local community issue and present different options in solving the problem," Brungardt said.

Brungardt said the two sections of the introductory class to be offered in the fall are full, allowing 30 students per class. However, he said students do drop courses and there may be some openings available. To enroll the student must simply contact their adviser.

Also, there are 20 scholarships for \$200 apiece available to incoming freshmen who enroll and participate in the Leadership Certificate Program during their first year. To apply, students must submit a scholarship application and official transcript before March 1, 1994 to the Office of Student Financial Aid.

## Armbruster places first in weightlifting contest

**Donetta Robben**  
Staff writer

He enters the stage, graceful as a dancer to Metallica's song, "Unforgiven." He delicately makes a quarter turn, displaying large biceps and pectoral muscles. Then, his legs raise up displaying muscular calves and hamstrings.

He falls to the floor on one knee, the other is bent. His right elbow rests on the bent knee extending upward where he drops his head into the palm of his hand. The music stops.

Dallas Armbruster proves hard work pays off. He captured first place in the middleweight class of the Natural Kansas State Bodybuilding Championship in Wichita Saturday. Armbruster is a Fort Hays State graduate from Ellis. He received his master's degree in exercise science in May.

This is the second competition for Armbruster. Last month he placed fifth in the light-weight novice and open category in National Physique Committee's Fifth Annual competition.

But, Saturday's competition was different. It was a natural.

Competitors were required to take a polygraph test the day before the contest. Some competitors were required to give urine samples. According to Vic Robinson, master of ceremonies, six individuals were eliminated from the contest because they were unable to pass drug testing.

"These six individuals will have their names printed in magazines," Robinson said. "We want to let everyone know they can't cheat and a natural competition."

Armbruster said the natural competition is much different in that the competitors are closer in size.

Rick Sturdy, owner of Sturdy's, is at 112 W. 11th a Hays fitness club and retail outlet, asked Armbruster through the competition.

His victory is a surprise, said Sturdy. "Winning is a good thing, but it is for Dallas. When I see you in your gym, I know you are competing, especially in a natural competition. It is a shame in a victory of self."

Armbruster said he has lifted weights since high school, but became interested in serious body building when Sturdy opened his gym. "I began looking at weight lifting magazines which spurred my interest," Armbruster said.

"The hardest part of competing is making the commitment," Armbruster said. "Next is preparing the daily food."

His daily diet consists of oatmeal, fruit, protein drinks, turkey, fish and egg whites. The carbohydrates included plain pasta and potatoes along with broccoli.

Prior to the competition, Armbruster ate every two and a half to three hours to keep protein levels high and curb the appetite. In addition, he drank two gallons of distilled water every day.

To aid in eliminating fat from the body, Armbruster did two aerobic workouts a day in addition to his body building routine.

Armbruster said he worked out 30 minutes before breakfast in the morning and 30 minutes before bed.

"In the morning, aerobics helps the body to burn stored fat, and in the evening it stimulates the metabolism before bed," he said.

**The hardest part of competing is making the commitment**

**Dallas Armbruster, bodybuilder**

## CLASSIFIEDS

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